

# VACCINATION RECOMMENDATIONS

FACES OF



INFLUENZA<sup>®</sup>

American Lung Association's  
Influenza Prevention Program

In collaboration with sanofi pasteur

We all are “faces” of influenza—people 6 months of age and older who should be immunized against influenza this and every year.

## WHO SHOULD BE VACCINATED?

The Centers for Disease Control and Prevention (CDC), with the support of leading health experts, recommends that everyone 6 months of age and older be immunized.<sup>1</sup>

Vaccination is important for all people in the US, however, influenza immunization rates in the highest-risk groups fall far short of public health goals every year. Groups at higher risk of developing influenza-related complications include:<sup>1</sup>

- People 50 years of age and older
- Children 6 months–18 years of age
- Pregnant women
- People of any age with certain chronic medical conditions, such as asthma, chronic obstructive pulmonary disease (COPD), heart disease, diabetes, and others
- Residents of long-term care facilities and nursing homes

Additionally, those who come into close contact with high-risk groups should get vaccinated, not only to help protect themselves against influenza, but also to help avoid spreading the disease to more vulnerable populations. They include:<sup>1</sup>

- Household contacts and caregivers of anyone in a high-risk group, including parents, siblings, grandparents, babysitters, and child care providers
- Health-care personnel

**Note:** Children younger than 9 years of age receiving an influenza vaccination for the first time need 2 doses approximately 1 month apart.<sup>1</sup>

## WHO SHOULD NOT BE VACCINATED?

Some people should not be vaccinated or should first talk with their health-care provider. These include:<sup>1</sup>

- People with severe allergies to eggs
- People who have had a severe allergic reaction to a past influenza vaccination
- Children younger than 6 months of age, because no vaccine is licensed yet for this age group

Annual vaccination is safe and effective, and the best way to help prevent influenza and its complications.<sup>1</sup> We at the American Lung Association urge you and your loved ones to get vaccinated as soon as you can, whenever that is during the influenza season. You should be immunized as soon as vaccine is available in the late summer or early fall. If you didn't have a chance to obtain influenza vaccine early in the influenza season, immunization into the spring or as long as the influenza virus is in circulation is beneficial. This is because in most seasons, influenza activity doesn't peak until winter or early spring. In fact, as long as influenza viruses are in circulation, it's a good idea to get vaccinated. It only takes about 2 weeks for the vaccine to protect against the virus.<sup>1</sup> Talk to your health-care provider for more information about the importance of influenza immunization.

To ensure families everywhere understand the risks of influenza, the American Lung Association is raising awareness through a national public educational initiative called *Faces of Influenza*. The program is intended to help people see themselves, their loved ones, and others among the many “faces” of influenza—people 6 months of age and older who should be immunized against the virus this and every year.

To learn more about the program, influenza, and vaccination, visit [www.facesofinfluenza.org](http://www.facesofinfluenza.org).

## References:

1. Centers for Disease Control and Prevention (CDC). Prevention and control of influenza with vaccines: recommendations of the Advisory Committee on Immunization Practices (ACIP), 2010. *MMWR*. 2010;59(RR-8):1-62.